

DPSD HERALD
NOV-DEC 2023



Barriers In Mental Health: Stigmatization

Reshma Nisa

Over two-thirds of the global population do not seek treatment for their mental health conditions. Accessibility, distrust, lack of knowledge are some among the various factors that influence people's views on mental health services. However, the most prominent obstacle is stigma - almost 90% of individuals with mental health issues claim that stigma and discrimination negatively impact their life. Society frequently labels them as "lunatics," "mad," "possessed," and a host of other derogatory terms. Mental illness is seen as a character flaw rather than a legitimate medical disorder. Even after medical acknowledgment, people with mental illnesses frequently receive inhumane care. This causes the sufferers to become trapped in a vicious cycle of humiliation, pain, and isolation.



Stereotypes frequently depict people with mental health issues as dangerous, unpredictable, or incapable of making significant contributions to society. These false beliefs support prejudice and fear, fostering unfavorable opinions and impeding candid dialogue. People who struggle with mental health issues absorb social prejudices and doubt themselves, which lowers their confidence and self-worth. Fear of being judged can keep people from getting the treatment they need, which exacerbates their problems and feeds a vicious cycle of pain. The societal pressure to conform to expectations leads to generational trauma as well. Many cultures don't believe that mental illness can be genetically inherited.

The root cause of this widespread stigma is lack of education. Since mental health is already considered a "taboo" topic, much needed conversation goes unheard by most of the population, especially elders. Such unawareness can create unresolved trauma that can weigh heavily on a person and lead to a cycle of emotional difficulties that affects family dynamics and how they react to stress. Media portrayal also sways opinion, often sensationalizing mental health issues and focusing on the extremes. The language used to represent issues can also create deep impact on how these topics are perceived. Underrepresentation and misrepresentation further add to this problem.

It's been centuries yet most still turn a blind eye to the sufferers. To reverse the damage stigma has had on our communities, mental health advocacy and audience education remain the best solutions. It takes a community effort to confront stigmatizing ideas, promote cultural competency, and establish safe spaces where people can tell their stories without fear in order to break the cycle.

Raising Kids in this Digital World

Riswana Begum, Grade XI-C

Raising kids in this digital world is very difficult for parents, and one tiring task is to engage kids in household chores when they are glued to their screens. However, sitting for long hours watching a screen alone leads to the family distancing from one another. It is important to have some time for the family and the best way to spend time, according to me, is by participating in household chores together. I would like to share a few ways to make household chores fun for the family.

In between continuous watching of gadgets or studying parents can engage them by having them assist in the kitchen, drying clothes or cleaning the windows, feeding pets, watering plants or keeping the house clean. These will be refreshing for the child and relaxing for the parents. The child can be motivated by giving them their favorite meal or thing after the task is done. If parents have more than one child they can compete against each other to finish the work for a reward. Lastly, appreciation for their work is most important, it makes the child more willing to do the work next time.

I hope this helps more parents spend more family time with their children, and that family time is still made important in today's digital world.



Why is Children's Day Celebrated on Jawaharlal Nehru's Birthday?

Radhey Maniramka, Grade XI-F

“Children are like buds in a garden and should be carefully and lovingly nurtured, as they are the future of the nation and the citizens of tomorrow.” This quote was once said by the first Prime Minister of our nation Pandit Jawaharlal Nehru. Chacha Nehru as he was adorably referred to by the children, was a strong advocate for children's rights and an all-inclusive education system where knowledge is accessible to all. He believed that every child was the future of our country. He thought that it was necessary for adults to appreciate these small and innocent kids, hence the term “children's day” came to existence in India.

This day was first observed as “Flower day” on 5th November, 1948. It was an attempt by the Indian Council of Child Welfare (ICCW) to collect funds for United Nations Appeal for Children (UNAC) through the sale of “flower tokens.” However, after the announcement of world children's day by the United Nations in 1954, we began celebrating it on the 20th of November. This date was further changed after the death of Pandit Jawaharlal Nehru in the year 1964. The parliament decided to issue a resolution to establish his birthday as the official Children's Day in the country. Hence, children's day is celebrated all over India on 14th November as a tribute to Nehru's love and advocacy for children's welfare and their education. He believed that “The children of today will make the India of tomorrow,” which further emphasized the importance of children in shaping the future of our country.

I am proud to be a citizen of a country like India. Where we not only respect and celebrate the importance of children but also are considerate enough to establish such a noble person's birthday as nationwide children's day.



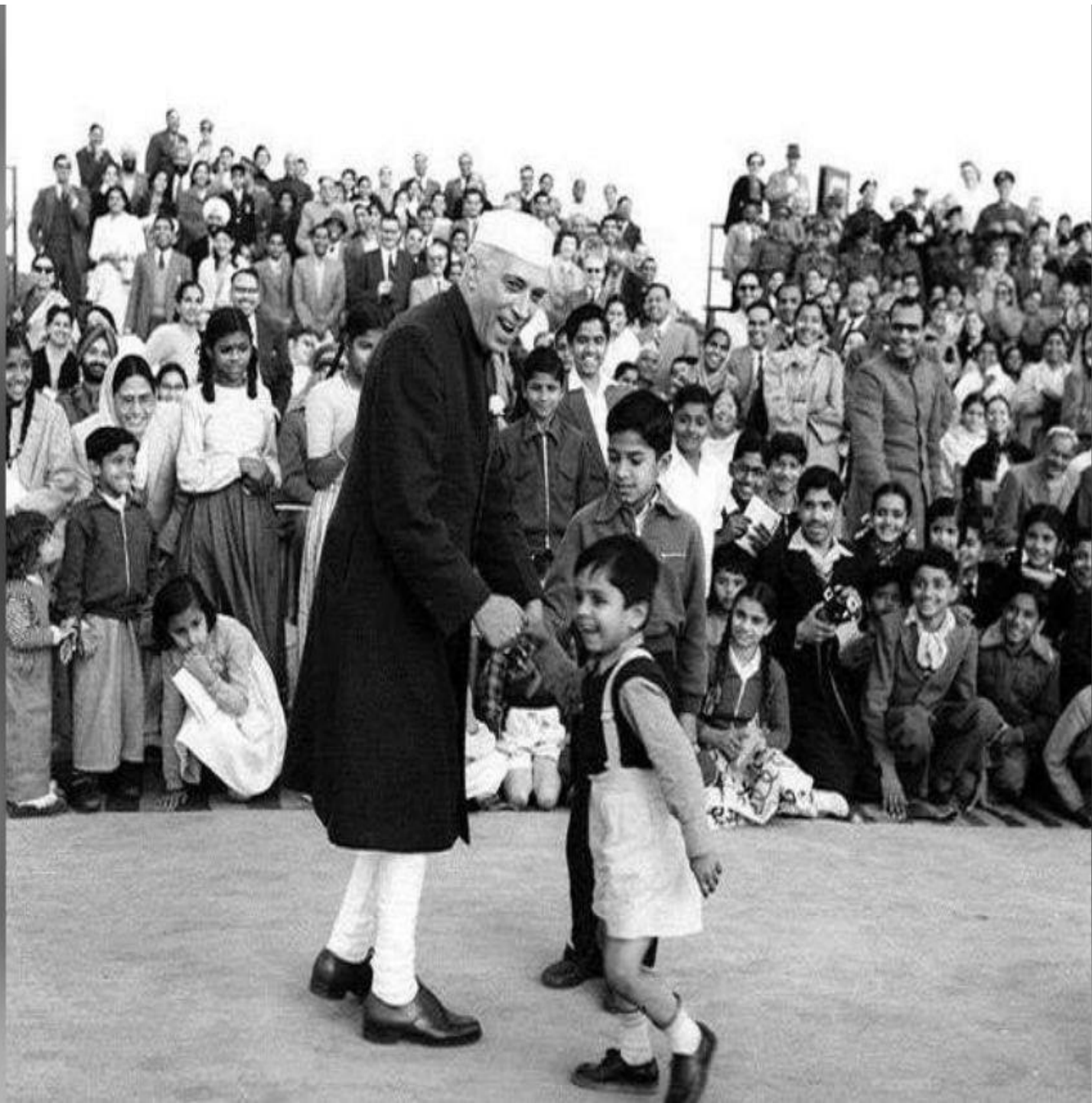
Why is Children's Day Celebrated on Jawaharlal Nehru's Birthday?

Radhey Maniramka, Grade XI-F

Jawaharlal Nehru, India's first Prime Minister, was immensely fond of children. His interactions and love for them were evident in various instances, and he often emphasized the importance of nurturing and educating children as they are the future of the nation.

Due to Nehru's significant role in advocating for children's rights, education, and welfare, there was a proposal to honor his legacy by dedicating his birthday to children. Recognizing his deep affection for young minds and his contributions to their development, November 14th, Nehru's birthday, was officially declared as Children's Day in India.

The decision aimed not only to commemorate Nehru's legacy but also to highlight the importance of nurturing and educating children, honoring their innocence, aspirations, and potential for the country's future. Therefore, Children's Day on November 14th serves as a tribute to Nehru's love for children and his vision for a bright future built upon the foundation of well-educated and cared-for young minds.



Building Bonds: Empowering Children with ADD for Success in Friendships

Atiyah Sajith, Assistant Student Media Coordinator

Children with Attention Deficit Disorder (ADD) often face unique challenges in building and maintaining friendships. However, these kids can have healthy social lives if they receive the correct guidance and assistance. Promoting empathy and education among peers is an important component. Open communication about ADD aids in debunking myths, fostering empathy, and explaining the disorder.

Training in structured social skills is another important resource. Being connected becomes stronger in children with ADD when they learn to read social cues, understand emotions, and react correctly. It is just as important to create inclusive environments that can accommodate a range of attention spans and learning styles.

In order to make sure these kids feel supported, parents and teachers can work together to put tactics like visual aids, clear instructions, and frequent check-ins into practice.

Moreover, encouraging common interests and activities can lay the foundation for friendships. Encouraging positive social relationships through sports, clubs, or group activities provides children with ADD a fun, structured setting that allows them to interact with their peers.

In conclusion, we can help kids with ADD to prosper in friendships, fostering a sense of belonging and well-being, by building understanding, offering training in social skills, developing inclusive surroundings, and encouraging common interests.



Christmas – A Magical Time

Adrian Anish, XI-E



Beneath Dubai's skyline, a desert's embrace,
An Indian family, in Christmas grace.
In the shimmering sands, a festive trace,
A magical time, love's warm embrace.

Saris adorned with sequins' gleam,
Fragrant spices in the culinary dream.
In Dubai's heart, where cultures team,
A Christmas symphony, a joyful stream.

Lights twinkle in the desert night,
Stars above, a celestial delight.
Carols blend with the cool wind's flight,
A tapestry of joy in the moon's soft light.

Family gathered, hearts entwined,
In Dubai's magic, a moment divine.
Traditions blend, old and new align,
A Christmas tale in a foreign sign.

Gifts exchanged in the desert's hush,
Love wrapped in the festive rush.
In Dubai's sands, a celebration plush,
An Indian family's Christmas blush



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Radhey Maniramka 11F

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Frost

Saanvi Panjabi, XI-E



The dawn of winter casts a cold spell

On the air that has a smoky smell

Vacations are round the corner,

With people more ready than ever.

Gone are the days,

Where the sun shone brightly,

And the air was scorchingly hot.

Now, a chilly breeze surrounds us

Like a blanket that's frozen.

Now the clouds enshroud the bright sun,

Dampening its gleam and warmth.

Somewhere its frosty,

Somewhere rain dominates,

Elsewhere its mildly cold,

Elsewhere there are ice skates.



But the zeal of frost time

transcends all boundaries,

When festivities are around,

The biting cold warms our hearts.

We cheer and thoroughly welcome

The year awaiting us,

Accepting its undeniable ambiguity,

We move forward in continuity.

Diwali Fun with Family

Tavishi Pathak Grade I A



I celebrated Diwali, the festival of lights with my cousin brother Cheeku and his family. I gave him a toy bow and arrow. In the morning we were practicing how to shoot. We pretended to be Ram and Lakshman and started to target our grandfather who acted like Ravana. Cheeku's actions while aiming made us all laugh. Along with my grandfather, we made a tent with bed sheets and decorated it with lights. We lit firecrackers and some sounded like thunderstorms. This was the best Diwali I had with my family.



What Makes The Class Memorable?

Zainab Fatima, XI D



School days are indeed the most memorable ones. We often miss a feeling once it is gone. As a student, I am always excited to hear my parents' stories of their school days. Each story has a different feeling for each one of us. Each class is different and each story is memorable. Students walk through the creaking gates hoping for a new day and story. Every student and every teacher is different and this creates a unique memory to remember and tell. What transforms a routine lesson into a memorable learning experience? This article explores the key elements that can create a classroom environment that resonates with students long after the academic year concludes.

At the heart of any memorable class is the teacher's passion and enthusiasm for the subject matter. A fervent commitment to the material not only energizes the instructor but also inspires the students, fostering a genuine interest in the subject. Passion is contagious and nowhere is this more evident than in a classroom. An instructor's genuine appeal for their subject matter serves as the heartbeat of engagement, pulsating through the room and awakening the curiosity of even the most indifferent students. Enthusiasm has the power to elevate the ordinary to the extraordinary. A passionate teacher can turn lessons into captivating narratives, breathing life into textbooks and imbuing every topic with a sense of excitement and relevance.



Passion and enthusiasm are the very essence that transforms a classroom into a haven of inspiration. In the journey of education, where knowledge intertwines with the human spirit, passionate teaching stands as a guiding light, illuminating the path toward enduring, impactful, and truly memorable learning experiences.

Solving The Climate Crisis Through Veganism



The climate crisis is an imminent global threat, and its consequences are becoming increasingly evident. The need for urgent action to combat climate change has never been more critical. One often underestimated solution lies within our reach: adopting a vegan lifestyle. Animal agriculture is a substantial contributor to climate change, generating more greenhouse gas emissions than the entire global transportation sector. By choosing to go vegan, individuals can play a pivotal role in reducing their carbon footprint and mitigating the devastating effects of climate change.

The Environmental Impact of Animal Agriculture

Animal agriculture is a major driver of the climate crisis, not only due to greenhouse gas emissions but also its resource-intensive nature. Livestock farming demands vast amounts of land, water, and food resources. By transitioning to a vegan diet, we can significantly decrease our reliance on these finite resources, promoting a more sustainable and efficient use of our planet's natural assets.

Additionally, animal agriculture is a primary cause of deforestation, leading to habitat loss and a decline in biodiversity. A vegan lifestyle supports the conservation of vital ecosystems by reducing the demand for land to cultivate animal feed crops.

The Power of Individual Choices

Individuals have the power to drive change in the fight against the climate crisis. Going vegan is a practical and impactful step anyone can take. It not only reduces greenhouse gas emissions, conserves natural resources, and protects biodiversity but also sends a clear message to the food industry and policymakers. As the demand for plant-based alternatives continues to grow, so does the potential for a more sustainable, cruelty-free future. It is our collective responsibility to embrace veganism as a vital strategy in our quest to mitigate the climate crisis and secure a healthier, more sustainable future for our planet.

When Students Own Their Learning, They View Mistakes As Learning Opportunities

Zoha Shahber, IX A



When students own their learning, they step out of the passive role and become active architects of their knowledge. Mistakes become data points, not failures. They analyse, question, and revise, using each misstep as a chance to refine their understanding. This isn't just about resilience, it's about building a growth mindset, a belief that intelligence and ability can blossom through effort and practice. The magic of student ownership is a learning environment where mistakes transform from dreaded red marks to valuable stepping stones on the path to mastery.

This shift in perspective requires a classroom that celebrates curiosity, not just correctness. Teachers become facilitators, guiding students to ask questions, experiment, and learn from each other. Openness and collaboration replace fear and judgment, creating a fertile ground for mistakes to bloom into new understanding.

This ownership extends beyond the classroom. When students take charge of their learning, they become independent investigators, seeking out knowledge beyond textbooks and lectures. They connect concepts across disciplines, apply them to real-world problems, and develop a deeper understanding of their own strengths and weaknesses.

Of course, fostering student ownership is not a one-size-fits-all formula. It requires a flexible approach, one that caters to individual learning styles and interests. Teachers can provide diverse learning materials, encourage project-based learning, and offer personalized feedback that guides, not dictates. The benefits of this shift are undeniable. Students who own their learning are not just better performers; they're more engaged, resilient, and adaptable. They're prepared for the challenges of a rapidly changing world, where lifelong learning is the key to success.



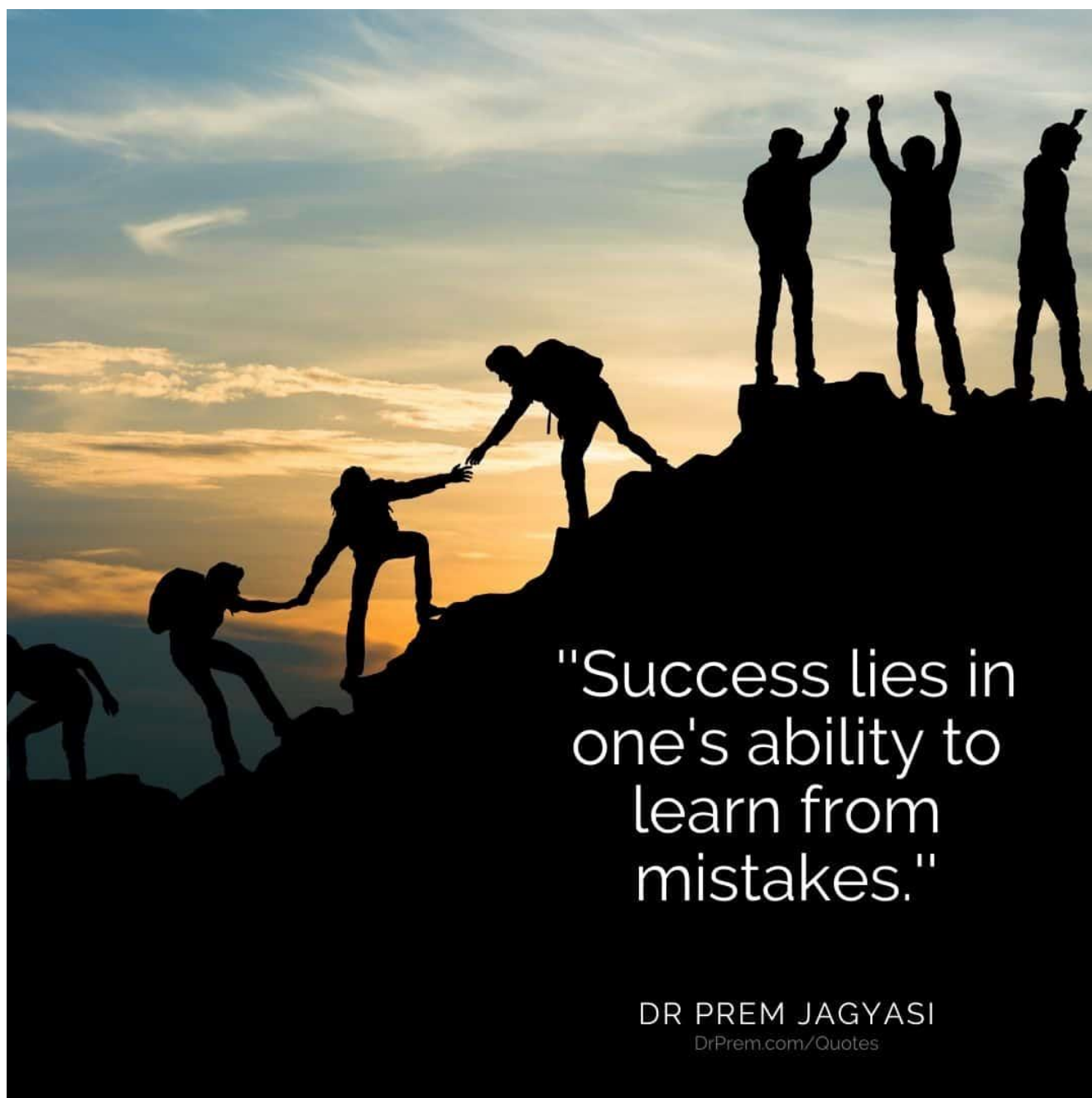
When Students Own Their Learning, They View Mistakes As Learning Opportunities

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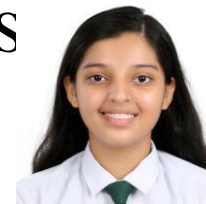
In addition, when students own their learning, they are more likely to actively seek out feedback from teachers and peers. They understand that constructive criticism is essential for their growth and improvement. Instead of feeling defensive about their mistakes, they are open to receiving feedback and using it to refine their understanding and skills.

So, let's move beyond the fear of mistakes and embrace them as the cornerstones of powerful learning. Let's create classrooms where students feel free to explore, question, and stumble, knowing that each misstep is a step closer to mastery. By encouraging students to view mistakes as valuable stepping stones on their educational journey, educators can help them develop the mindset and skills they need to thrive in an ever-changing world. When students own their learning, they truly own their future.



The Power of Student Led Conferences

Vidhi Jha, XI E



Teachers and parents discuss a student's development, strengths, and areas for growth during a typical parent-teacher conference. Student-led conferences, on the other hand, have brought about a revolutionary change in education by giving students the power to fully take charge of their learning and reflection.

Student-led conferences are an effective tool that helps students develop critical life skills as well as a sense of ownership. Through active student participation in the assessment and dialogue of their educational experience, these conferences go beyond the traditional framework and create new development opportunities.

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Student-led conferences have influence outside of the classroom. By bridging the communication gap between the school and the home, these conferences strengthen the bonds between educators, parents, and kids. Students actively participate in the team effort to assist their learning journey, and parents receive insightful information on their child's educational experience.

Furthermore, student motivation is positively impacted by the empowerment that results from student-led conferences. Students are more inclined to be involved in their education when they feel that their opinions are acknowledged and heard. This feeling of agency generates a positive feedback loop that encourages a passion for education and a dedication to lifelong learning.

To sum up, student-led conferences are a revolutionary change in education that gives students the ability to direct their education. These gatherings foster vital life skills like responsibility, self-awareness, and effective communication. Engaging students in conversations about their academic journeys improves their educational experience and gives them the skills they need to succeed in the larger world of life.

Diwali – Festival Of Lights

Sudiksha Sukrit Sahu, IX I



In the realm of darkness, a beacon so bright, Diwali, the festival of lights, ignites.

With twinkling diyas, a luminous scene, Dispelling shadows, a radiant sheen.

Hearts aglow with joy and cheer, Families gather, drawing near.

Sharing laughter, stories untold, In the warmth of love, a tale unfolds.

Lanterns aglow, like stars in the night, Guiding lost souls with their gentle light.

Firecrackers pop, a symphony of sound, Celebrating triumphs, success all around.

Diwali, a time to banish the gloom, Embrace new beginnings, dispel the doom.

May its radiance shine, forevermore, Illuminating paths, forevermore.



Christmas - The Magical Time

Jasmitha Kaur, IX F



A magical time, they all say

but the true meanings unknown, till today

Warm lights flashing through,

Jingling bells, and some warm coffee brew

Joy rushing through the streets,

Smiling children, while the sun sleeps

The christmas tree in its glory glowing bright

Sweet carols fill the air on this magical night

The cold breeze flows around,

Snowflakes like stars on the ground

The christmas tree stands tall and proud,

Adorned with twinkling lights and ornaments so loud

A magical time, they all say

but the true meaning now known, today

It is time to cherish the moments we share,

with those we love beyond compare

The merry christmas glee

smiles glisten, can't you see?

A merry christmas, a true joy upholding purity

High spirits present in every entity



My Plans for the Winter Vacation

Sharanya Vedula, Grade 1-I



Winter vacations are my favourite due to the pleasant climate and wonderful travel plans. This winter vacation we are planning to go to Phuket. Phuket is a beautiful place and is famous for its sandy beaches, elephant sanctuaries, Thai food, and water activities. I am excited to explore the sea, go snorkeling and visit water parks for which I have packed my swimming clothes and sunscreen. We will be staying there for 8 days and thereafter will return to Dubai.



Christmas

Jonathan Bhattarai, Grade I E



Christmas is the biggest festival for Christian people. It is celebrated to remember the birth of the Lord Jesus Christ. It is celebrated on December 25th around the world every year. And Jesus Christ was born in Bethlehem. Christmas is my favourite holiday because during this time we decorate Christmas trees with sparkling ornaments, decorate nativity sets, bake cookies, sing carols songs, gift exchange and attend church services. After that, my favourite part is opening the Christmas gifts. Christmas is a special day for us, and we spread joy, love, kindness and generosity. I love Christmas because it fills every heart with happiness and joy.



My Winter Safari Excitement

Prisha Ashish Naik, Grade 1 - H



My plan for the winter vacation is to go to Dubai Safari Park. It is a wildlife reserve in Dubai. I heard about the different kinds of animals and birds over there. If I go, there I will get a chance for a Safari journey. I want to see all the animals and I would like to feed them.

I am very excited to visit the Dubai Safari Park. I want to explore the African, Arabian, Asian and Safari villages. I think the winter is the best time to visit there and enjoy the outdoor scenery and experiences...

Before I visited the Dubai Safari Park, I researched the animals and villages and I expected to find the following animals:

- AFRICAN VILLAGE: Lions, Giraffes, Zebra, Hippos,
- ARABIAN VILLAGE : Arabian Oryx, Arabian foxes, Gazelles
- ASIAN VILLAGE: Bengal Tigers, Komodo Dragons, Asian Elephants
- SAFARI VILLAGE: White rhinoceros, Water buffaloes, Cheetahs



Christmas – History and Significance of the Day

Ashlin James, Grade II F



Christmas is the most wonderful time of the year. It is the Christian festival celebrating Jesus's birth in a manger in Bethlehem, held on December 25. The first known date of Christmas being celebrated on December 25th was in 336 AD, through the time of the Roman Emperor Constantine who was the first Christian Roman Emperor.

Christmas is highly enjoyed by children as it brings along winter holidays and time to perform some traditional activities. They keenly participate in the cleanliness and decoration of their house with lights, flowers, Christmas wreaths, stockings and Christmas trees. Do you know that the 1st decorated Christmas tree was placed or kept in Riga, Latvia in 1510? Children behave very nicely to make their favourite Santa Claus happy who brings gifts for them.

On this occasion, Christians participate in midnight Christmas Mass at church and enjoy traditional Christmas cake and get-togethers. The tradition of singing Christmas carols and exchanging cards, cakes and presents is also practiced.

Christmas is a day to enjoy traditions with your family and take time to give back to others.



Christmas History and Significance of the Day

Arihan Roy, Grade II I



Did you know that about 2.5 billion people celebrate Christmas!

In the United States, nine out of ten people celebrate Christmas!

Christmas is popular. Santa is going to be really busy.

Alabama was the first state to declare Christmas a holiday.

President Ulysses. S Grant made Christmas a federal holiday in 1870.

Ulysses. S Grant was the 18th President of the United States.

Christmas is celebrated around the world.

Not everyone celebrates Christmas on December 25th. Some people in Egypt, Russia, Ethiopia, and other countries celebrate Christmas on January 7th.

Wasn't this interesting?



Children's Day

Inaya Taslim, Grade II A



It's Children's Day,
It's Children's Day,
Everybody shouts, everyone says,
Hip hip hurray!

On this beautiful day,
Children are happy and gay,
And joyfully they say,
Hip hip hurray!

Put your cell phones away,
Go out and play!
Since it's your day,
Say, "Hip hip hurray!"

Happy Children's Day



Children's Day

Muhammad Talha, Grade I-E



Beautiful as flowers, swaying in Meadow's world,

Becomes lovely, when this smile echoes.

Pure as water, fresh from spring,

Shatter like sunshine, Joy they bring.

They are children.

Happy Children's Day we sing!





WORD SEARCH



PADMAVATHY RAJESH
GIVE

W	M	O	B	A	M	Y	I	Z	O	M
A	S	S	I	M	I	L	A	T	E	N
V	O	H	S	S	N	T	U	I	O	N
I	Q	P	E	K	P	I	D	Z	L	Q
D	J	I	C	B	I	Z	A	R	R	E
C	F	E	T	C	K	T	C	M	K	S
E	L	T	D	B	H	K	I	P	C	P
M	B	C	B	O	Y	C	O	T	T	Z
P	K	Q	I	F	Y	P	U	R	Q	X
H	N	C	K	S	M	S	S	L	P	V

ASSIMILATE

AUDACIOUS

AVID

BISECT

BOYCOTT

BIZARRE

Interesting word search

Cat Breed

Y	T	A	A	N	A	I	R	E	B	I	S
G	U	A	M	N	A	I	T	P	Y	G	E
O	B	X	R	W	X	B	E	N	G	A	L
X	X	O	E	O	I	N	I	J	P	M	U
E	E	X	M	R	K	X	A	E	T	A	Z
R	R	N	E	B	H	V	R	M	O	I	A
N	N	Y	F	A	A	S	T	N	Y	N	S
O	A	H	P	N	I	Y	I	I	G	E	O
G	M	P	E	A	C	B	E	N	E	C	J
E	R	S	N	V	M	B	T	A	R	O	O
R	E	D	N	A	L	H	G	I	H	O	I
O	G	I	B	H	F	L	E	W	D	N	C

Bambino

Bengal

Bombay

Cornish Rex

Dwelf

Egyptian Mau

German Rex

Havana Brown

Highlander

Javanese

Korat

Maine Coon

Manx

Ojos Azules

Oregon Rex



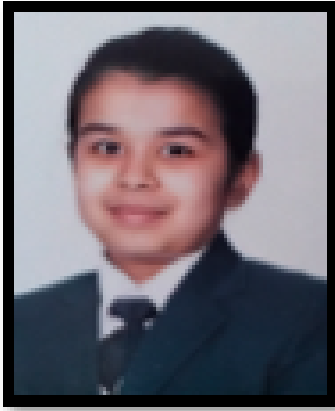
Drishita Baloni

IV E

DPS, Dubai

PLAY-FUN SECTION

RIDDLES/ WORDSEARCH/SUDOKU



Dhruvi Upadhyay, 6 F

I'm a box without hinges, key, or lid,
Inside, Yellow treasure is hidden.
I am Oval and you see me on a plate.
What am I?

Answer: Egg

I'm not alive, but I can grow.
I don't have lungs, but I need air.
What am I?

Answer: Fire

I have cities, but no houses.
I have mountains, but no trees.
I have water, but no fish.
What am I?

Answer: A map

I'm a word of letters three, add two, and fewer you'll see.
What am I?

Answer: Few

I can be long or short.
I can be grown or bought.
I can be painted or left bare.
What am I?

Answer: Hair

What has keys but can't open locks?

Answer: A piano



COP28

Y	S	I	E	G	E	C	T	S	N	A	O	I	G
T	O	O	A	I	S	L	E	T	M	P	Y	B	L
I	I	V	S	V	N	T	N	B	I	B	A	I	O
L	G	T	E	I	S	C	E	S	T	S	T	O	B
I	S	L	A	O	G	O	G	I	I	D	I	D	A
B	S	C	I	M	T	P	O	O	G	L	A	I	L
A	O	L	I	T	I	T	T	O	A	C	W	V	W
N	O	I	L	I	I	H	I	V	T	L	S	E	A
I	O	M	T	I	V	E	A	M	I	W	H	R	R
A	I	A	A	G	O	M	T	L	O	I	N	S	M
T	L	T	A	I	T	E	I	V	N	O	L	I	I
S	S	E	M	R	B	S	O	S	S	I	N	T	N
U	O	E	T	I	N	E	N	U	G	L	T	Y	G
S	I	L	E	M	T	I	S	A	L	G	I	T	T

BIODIVERSITY
 NEGOTIATIONS
 GLOBAL WARMING
 SUSTAINABILITY
 GOALS
 MITIGATION
 COP THEMES
 CLIMATE

	6		3	7	8			5
		4			1	9	2	
	8	5	4			7		3
	3				4		7	
6	4	9	2		7	8		
		7	6					
2		8	7		5		9	6
4							5	
	5	3	1	9		2		

Answer:

9	6	2	3	7	8	4	1	5
3	7	4	5	6	1	9	2	8
1	8	5	4	2	9	7	6	3
5	3	1	9	8	4	6	7	2
6	4	9	2	5	7	8	3	1
8	2	7	6	1	3	5	4	9
2	1	8	7	4	5	3	9	6
4	9	6	8	3	2	1	5	7
7	5	3	1	9	6	2	8	4

Riddle

Hesshwatha Kavali Rajkumar, Grade II H



1. What must be broken before you can use it?

Answer: an egg.

2. I 'm tall when I'm young, and I 'm short when I 'm old. What am I?

Answer: A candle

3. What month of the year has 28 days?

Answer: All of them

4. What is full of holes but still holds water?

Answer: A sponge

5. What question can you never answer yes to?

Answer: Are you asleep yet?

6. What gets wet while drying?

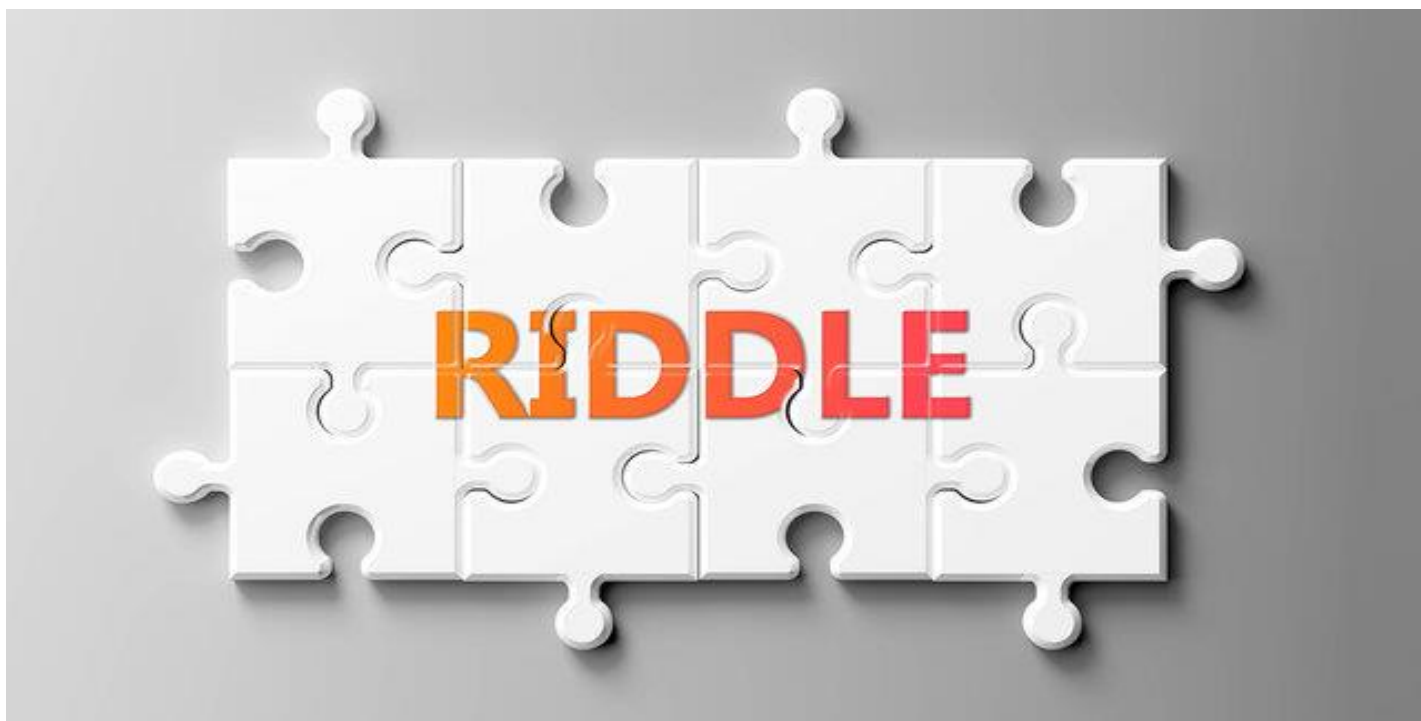
Answer: A towel

7. What has many teeth, but can't bite?

Answer: A comb

8. What can't be put in a saucepan?

Answer: it's a lid



Children's Day

In a world full of wonder where dreams take flight

Children's Day, brings smiles, pure and delight.

Laughter echoes like a melody sweet

In the hearts of little ones, joy's complete

A symphony of joy, Oh, What a sight.

Children's Day, a celebration of true

Hearts so small yet dreams so new.

Playful spirits, skies so blue

In their laughter, love shines through.

Tiny footsteps patter, a rhythm so sweet

In the heart of innocence, joy finds its seat.

The rhythms of the children sang extraordinarily.

Oh, Children's Day let hearts roam carefree.

Imagination canvas, a limitless sky,

Where hopes and wishes effortlessly fly.

On this day, children are the gift bestowed.

A symphony of youth in a radiant glow.



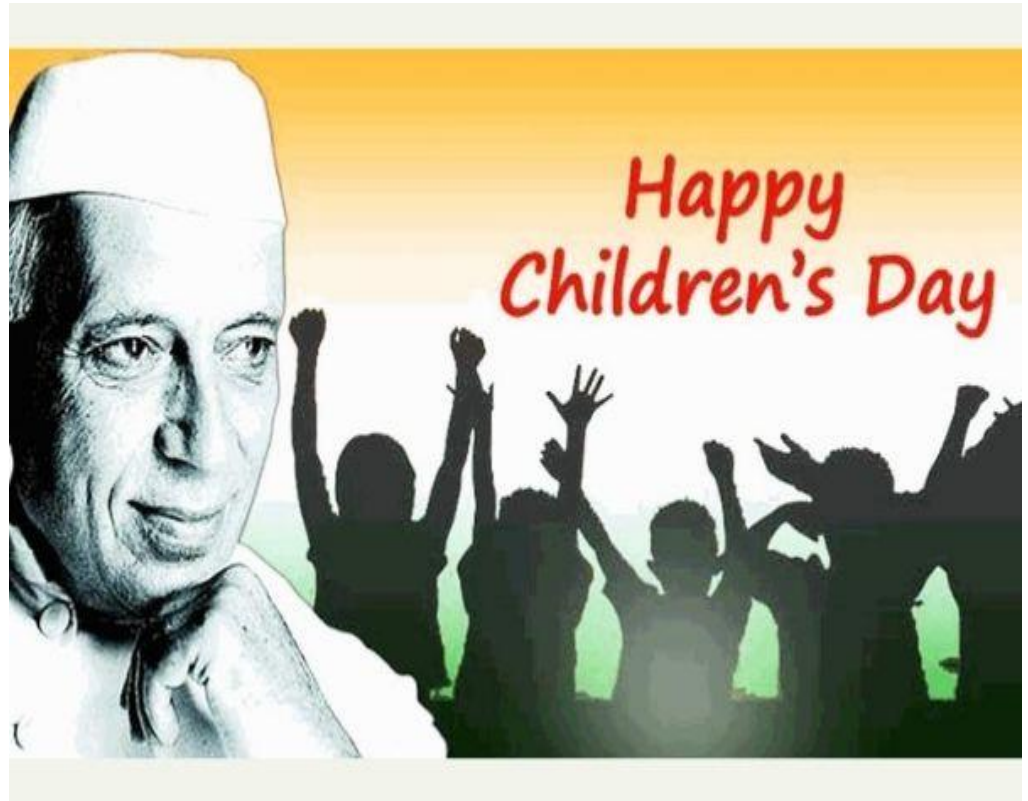
By: Vanshika Thota

Grade: IV G

Children's Day

Teddy bears, picnics and games they play,
Imagination soaring, a magical display.
On this day, let them lead the way.
Children dream, about where happiness will stay.

Skipping through moments, oh, isn't it sweet?
Dreams sparkle in their eyes so sincerely.
In the playground of innocence, they roam.
Their laughter, a melody, a comforting home
With smiles as bright as the sun's warm ray
Children's Day whispers, under the silver moon.



In a world full of whimsy, On Children's day
The little one twirls in a joyous ballet
Giggles and laughter, a sweet refrain
In their world, every moment is a gain.

By: Vanshika Thota

Grade: IV G

Diwali

Beneath the moon's soft, silvery glow,
Diwali whispers, a radiant show.
Diyas glow like dreams unfurled,
In the tapestry of joy, love is swirled.

Diwali's beauty, a melody divine,
A symphony of lights and hearts entwined.
Harmony echoes in the festive air,
In this celebration, I love to share.

Rangoli blooms in patterns bright,
Colors dancing in the soft moonlight.
Goddess Lakshmi, a celestial grace,
Blessing every home, every space.

Diwali's beauty, a melody divine,
A symphony of lights and hearts entwined.
Harmony echoes in the festive air,
In this celebration, I love to share.



Sweets exchanged, like laughter's song,
A familial bond, forever strong.
Together we stand, hand in hand,
In Diwali's glow, a love so grand.

Crackers paint the canvas above,
A sky of wonders, an ode to love.
Dance of joy, a celestial rhyme,
In the heartbeat of Diwali's time.

Diwali's beauty, a melody divine,
A symphony of lights, and hearts entwined.
Harmony echoes in the festive air,
In this celebration, I love to share.

As the night bids its sweet adieu,
Diwali's beauty, forever anew.
In the heart's embrace, a lingering glow,
A song of love, in Diwali's flow.



Diwali

Vanshika Dishika, IV G

In the soft glow of Diwali's light,
Candles flicker, dispelling night.
A festival of joy, colours ablaze,
A symphony of lamps, in myriad ways.

Crackling fireworks paint the sky,
A celebration that lifts spirits high.
Rangoli patterns, vibrant and bold,
Stories of triumph, ancient tales told.

Sweets shared, laughter in the air,
Warmth and love, beyond compare.
Goddess Lakshmi, blessings bestowed,
On homes adorned, prosperity flowed.

Family and friends, a cherished embrace,
Diwali's magic, a time and a space.
A festival of unity, joy, and cheer,
Wishing you happiness, year after year.

In the night, a shimmering sight,
Diwali arrives, casting its light.
Lamps aglow, a radiant dance,
In every home, a festive trance.

Crackling sparklers, stars on the ground,
Joyful echoes, all around.
Sweets exchanged, a tasty treat,
Diwali's melody is oh so sweet.



Diwali

Vanshika Dishika, IV G

Rangoli patterns and colours unite,
Gleaming diyas, dispelling the night.
Families gather, laughter resounds,
Harmony in every heartbeat pounds.

Goddess Lakshmi, blessings cascade,
In the glow, secrets of joy are laid.
Diwali's charm, a magic spell,
Wishing all a tale to tell.

In unity and laughter, spirits rise,
Diwali's magic, a joyous surprise.
A symphony of love, in every part,
Wishing you a Diwali from the heart.

Igniting joy, a celestial light.
Rangoli blooms in vibrant hues,
A canvas of joy, a festive muse.
Crackers whisper, stars descend,
Celebration echoes a timeless trend.
Sweets exchanged, a sugary delight,
Family bonds are strong and tight.
Goddess Lakshmi, grace bestowed,
A shower of blessings on life's road.



Christmas and its significance

Riya, IV-A

Christmas is celebrated every year on December 25. The festival marks the celebration of the birth anniversary of Jesus Christ. Hence, his birthday is one of the most joyous ceremonies among Christians. It is one of the most enjoyed festivals all over the globe. Christmas symbolizes merriment and love. It is celebrated with a lot of zeal and enthusiasm by everyone, no matter what religion they follow. The season of Christmas that begins from Thanksgiving brings festivity and joy to everyone's lives.

On Christmas, people wish each other Merry Christmas and pray. Christmas is a festival full of culture and tradition. People usually wear white, green or red coloured outfits on the day of Christmas. The celebration begins with decorating a Christmas tree. People also hide gifts for their loved ones. Traditionally, gifts are hidden in socks under the tree. It is an old belief that Santa Claus comes on the night of Christmas Eve and hides presents for well-behaved kids. This imaginary figure brings a smile to everyone's face.



Young children are especially excited about Christmas as they receive gifts and great Christmas treats. The treats include chocolates, cakes, cookies, etc. People on this day visit churches with their families and friends. Churches are decorated with fairy lights and candles. People also create fancy Christmas cribs and adorn them with gifts, lights, etc. Children sing Christmas carols and also perform various skits marking the celebration of the auspicious day. One of the famous Christmas carols is “Jingle Bell, Jingle Bell, Jingle all the way”. These are the reasons why Christmas is my favourite festival in the whole wide world.

My Plans for the Winter Vacation

Haseena Jasmine, V-F

Winter is a beautiful season without the scorching heat of the summers. The specialities of the winter cannot be denied.

Many people make pre-plans to make the best utilization of these holidays. These vacations are a great time to rejoice with family, friends, and close ones. Children wait eagerly for these vacations. We all make different plans in the vacations to make it a beautiful experience and spend it happily.

What I have planned for the holidays is to go to the cinemas to watch movies, restaurants to try eating new food, shops for shopping for necessary household items for home and many more!



The festival of light - Diwali

The festival of lights, Diwali, is a major Hindu festival celebrated in India and other parts of the world. It is usually celebrated in October or November and lasts for five days. During this festival, people light up their homes with diyas, candles, and colorful lights.

Diwali is a time for family gatherings, feasting, and exchanging gifts. It is also a time for spiritual reflection and worship. People offer prayers and perform pujas to Goddess Lakshmi, the goddess of wealth and prosperity. The festival marks the victory of good over evil, light over darkness, and knowledge over ignorance.

There are many legends associated with Diwali, including the story of Lord Rama, who returned home after defeating the demon king Ravana. Another legend is that of Goddess Lakshmi who emerged from the ocean of milk during the churning of the cosmic ocean.

Overall, Diwali is a beautiful and vibrant festival that brings people together to celebrate love, light, and happiness. It is a wonderful time to experience the rich culture and traditions of India.



Why Libraries are Essential, Now More than Ever

Seema Shahi, Phase II – English Teacher

In an age of all-things-digital and an overload of information, libraries continue to remain essential pillars of society. Since its establishment in the 7th century B.C, they have served as irreplaceable guardians of truth, hosting a wealth of resources that enable individuals to navigate the digital realm and conduct thorough research. Libraries bridge the digital divide, providing access to information and technology for all, regardless of background or financial status.

Not only do they serve as hubs of knowledge, libraries also embrace modern technologies, offering diverse resources like e-books, audiobooks and online databases. Their adaptability and commitment to knowledge ensure their relevance in an ever-changing landscape.

Additionally, libraries foster community by hosting events, workshops and educational programs, bringing people together and promoting societal sentiment. They serve as safe, inclusive spaces where individuals of all backgrounds are welcome.



Libraries have proven their essential nature especially during times of crisis. In the aftermath of the COVID-19 pandemic, libraries swiftly adapted, providing online services, virtual events and updated information. Their crucial role in supporting communities during turbulent times is undeniable and most importantly, offer accurate information in a world where misinformation in the digital space is common.

In conclusion, libraries remain irreplaceable institutions that promote informed citizens, foster community ties, and support educational and technological growth. Their adaptability, commitment to knowledge and role in uniting individuals remains incomparable.

Ways to Make Household Chores Fun for Children

Pooja Moudgil, Grade III-A



Making household chores fun for children can turn mundane tasks into enjoyable activities. Here are some ideas:

1. **Turn it Into a Game:** Make a game out of chores by setting a timer and challenging kids to beat the clock. You can also create scavenger hunts where they find items to tidy up or make a treasure hunt out of putting away their toys.
2. **Music and Dance:** Play upbeat music and encourage them to dance or sing while doing chores. Create a chore playlist with their favorite tunes to make it more enjoyable.
3. **Role-Playing:** Encourage imaginative play by assigning roles. For example, they can pretend to be superheroes tidying their secret lair or astronauts cleaning their spaceship.
4. **Chore Chart with Rewards:** Create a visual chore chart with stickers or rewards for completed tasks. Let them earn points or tokens that can be exchanged for privileges or small rewards.
5. **Make it a Team Effort:** Turn chores into a family activity. Assign tasks that require teamwork and celebrate accomplishments together.
6. **Use Colorful Supplies:** Provide colorful cleaning supplies or tools that are appealing to children. Let them pick their cleaning gear to create a sense of ownership.
7. **Turn Learning into Fun:** Incorporate learning into chores. For instance, counting socks while pairing them or sorting utensils by shapes or sizes can be a learning experience.
8. **Create Challenges:** Challenge them to be creative in their approach to chores. For example, ask them to fold clothes in different ways or stack dishes in a particular pattern.
9. **Storytelling:** Encourage storytelling while doing chores. They can create imaginative stories while organizing or cleaning.
10. **Offer Choices:** Allow them to choose which chore they want to do first or how they want to tackle a particular task. This gives them a sense of autonomy.

Remember, positive reinforcement and encouragement go a long way in making chores enjoyable for children. Celebrate their efforts and appreciate their contribution to the household.

Restoring Balance

Aarav Maskara, Grade III A



The increasing academic and societal pressures on teenagers have become a cause for concern in recent years. Many teens face an immense burden to excel academically, driven by expectations from parents, peers, and educational institutions. The cumulative impact of these pressures can take a toll on the mental health of teenagers.

Restoring balance is crucial to address this issue. Parents can help restore balance by fostering open communication, encouraging a healthy work-life balance, and emphasizing the importance of effort over just outcomes. Creating a supportive environment where mistakes are seen as opportunities to learn can also alleviate pressure and promote a positive mindset in children. By acknowledging the multifaceted nature of these pressures and actively working to mitigate them, we can create an environment where teens can thrive academically and personally without sacrificing their mental and emotional well-being.



Rib-Tickling Real-Life Incident

Aladdin Bazil, Grade III-C

Summer breaks are hands down my favourite! Countless cherished memories blossom during this time of the year. During a sleepover with all my cousins, an unforgettable night unfolded as the skies unleashed an intense downpour accompanied by thunderstorms and a dazzling lightning show that persisted until dawn. We huddled together, with a mix of excitement and uneasiness.

None of us remembered how we dozed off... but all woke up excitedly and swiftly ran to the back yard which had transformed into a playful landscape with trickling streams and muddy puddles! We did hilarious artwork on old newspapers and made paper boats using it, to conduct boat races. My mom was making sure to capture these valuable moments on her phone. That's when I had this idea. I asked her to take a slow-motion video of me jumping in the muddy puddles. All my cousins stood around eagerly to watch me. My mom said 1,2,3... jump! Determined to create an epic splash for our slow-motion video, I leapt with all my might. However, in the split second before my mom could utter a cautionary "careful," I lost my balance, resulting in a comical tumble into the muddy puddle.

My mishap turned into a hilarious scene, causing uproarious laughter which still echoes in my head!



Christmas is a lot of fun!

Ishika, Grade III B



I bounce out of bed quicker than a reindeer on Christmas morning! The tree is decorated with sparkling balls and lights. Santa's cookies have been eaten up, and there are presents having my name on them!

We're all wearing cosy pyjamas and having fun. We enjoy a great feast with yummy food like turkey and mashed potatoes after we open presents. Grandma's apple pie is the best! We play games and tell funny tales. The snow outside sparkles like glitter. We fall asleep at night after watching a lovely movie and dreaming of sugarplum fairies. Christmas is the nicest day of the year.



Children's Day

Shresth Tyagi, Grade III-I



Children's Day is celebrated to honour the amazing children in our lives. It is celebrated on Pandit Jawaharlal Nehru's birthday. Although most countries celebrate it on November 20th, India celebrates.

Christmas!

Christmas is a joyful time when people celebrate the birth of Jesus. Families decorate trees, exchange gifts, and share delicious meals. Santa Claus brings presents for children, and colourful lights brighten homes. It's a season of love, kindness, and togetherness, spreading warmth and cheer to all. I love Christmas and it's one of my favourite occasions.

Dharmik Shekhar



WHY IS CHILDREN'S DAY CELEBRATED ON JAWAHARLAL NEHRU'S BIRTHDAY?



Hanishka Shivananda, 8 D

CHILDREN'S DAY



"Children are like buds in a garden and should be carefully and lovingly nurtured, as they are the nation's future and the citizens of tomorrow," what a splendid quote stated by Chacha Nehru.

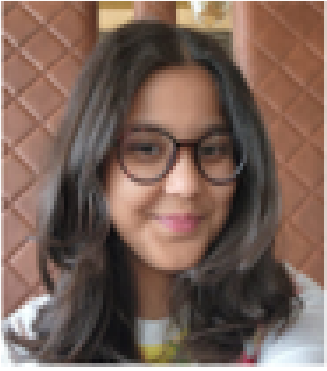


Jawaharlal Nehru, who was the first Prime Minister of India, had a special bond with children and was fondly called "Chacha Nehru" (Uncle Nehru) by them. His birthday, November 14th, was chosen to honour his commitment to the well-being, education, and development of children.

Nehru was particularly passionate about children, believing that they were the future architects and the building blocks of the nation. His emphasis on nurturing young minds and ensuring their happiness and growth led to the decision to celebrate Children's Day on his birthday. The day serves as a tribute to Nehru's legacy and his vision for a progressive and thriving India where the well-being of children is a top priority.



Celebrations on Children's Day in India often include various activities and events organized in schools and communities to emphasize the importance of providing a supportive and nurturing environment for children to flourish. The day is an opportunity to reflect on the rights of children and to promote their education, health, and overall welfare. In conclusion, Children's Day is a day of celebration and dedication to the well-being of children. It is a day to recognize their significance and pledge to create a world where every child can thrive and fulfil their dreams.



Samaira Tyagi, 8 D

In this generation, technology is something that we all can rely on. People from ages 10 to 40 rely on gadgets. We use technology or AI for various purposes like searching for information, making of documents, social networking, business management, creating websites and much more. These days, AI is developing human understanding indirectly. This means that AI is providing us a platform where people can share their views to the whole world just through a click. In the fast-paced digital age, where information bombards us from all directions, podcasts have emerged as a valuable medium for enriching our lives.

Podcasts provide a unique and convenient way to consume content, offering a diverse range of topics that cater to various interests and preferences. This article explores different types of podcasts that contribute to a better and more fulfilling life. There are several podcasts available to us but, we don't really understand which one we are looking for or need. Most of our childhood lives we think about what we would want to be when we grow up. When you are at the stage for choosing a path for a successful life, podcast



are the source of medium that can help you. They won't really give you a straight up answer but will lead you to solution. In other words podcast help in transforming lives through diverse audio experience. Podcasts can play a significant role in contributing to personal growth and enhancing the overall quality of life. Podcasts have become a popular way to consume information and entertainment, and there are many great options out there to help us improve and enhance our lives. Whether you want to learn something new, get inspired, or simply unwind, there's a podcast for everyone.

One popular category of podcasts is personal development. These podcasts focus on helping listeners improve themselves in various ways, from developing better habits to increasing productivity to building stronger relationships.

Another type of podcast that can help improve our lives is health and wellness. These podcasts cover a wide range of topics, from nutrition and fitness to mental health and mindfulness. They can provide us with valuable information and insights to help us lead healthier, happier lives.



There are podcasts that focus on inspiration and motivation. These podcasts can be a great source of encouragement and motivation, especially when we're feeling stuck or unmotivated. They can provide us with stories of people who have overcome challenges, practical tips for achieving our goals, and much more.

Podcasts have become an integral part of the modern lifestyle, offering a diverse range of content that caters to the needs and interests of a broad audience. By incorporating educational, wellness, motivational, entertainment, and interview podcasts into our routines, we can enrich our lives, broaden our perspectives, and foster personal growth. The beauty of podcasts lies in their accessibility and adaptability, making them a valuable tool for continuous learning and enhancement of the human experience. Podcasts can be a great tool for improving our lives and achieving our goals. Whether we're looking to learn, be inspired, or simply relax, there's a podcast out there for us. Let's give them a try and see how they can enhance your life. So, plug in your headphones and embark on a journey of discovery and enrichment through the vast world of podcasts.

Dreams are the fuel that ignites our journey towards success. Walt Disney once said, "All our dreams can come true; if we have the courage to pursue them." This simple yet profound statement holds a wealth of wisdom, especially for young minds like those of the students of Delhi Private School, Dubai.

Consider the story of Steve Jobs, co-founder of Apple Inc. He dreamed of revolutionizing technology, and his courage to pursue that dream led to the creation of groundbreaking products like the iPhone, changing the way we live and work.

Another example is Oprah Winfrey, who rose from a challenging childhood to become a media mogul and philanthropist. Her dream was to inspire and empower others, and her relentless pursuit of it has positively impacted countless lives.

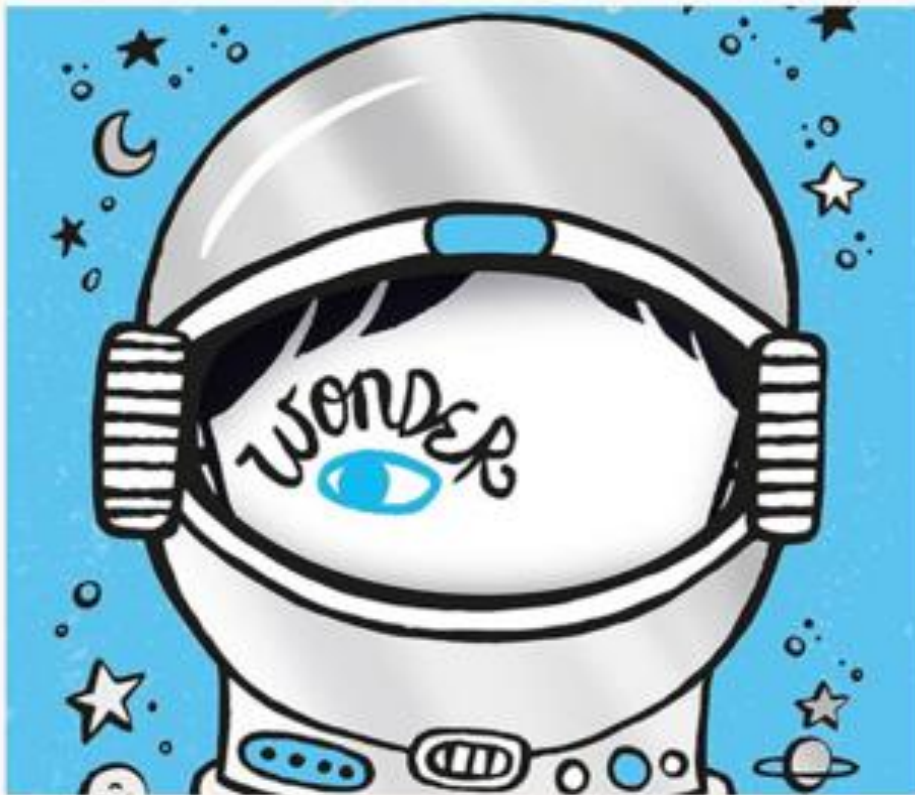
These remarkable personalities teach us that dreams are achievable if we dare to chase them, even in the face of obstacles and uncertainty. So, let us nurture our dreams with courage, determination, and hard work, for they hold the potential to become our reality.



THE BOOKWORM

“A Good Book is Capable of Becoming your Best Buddy”

Liyana Ajish, 6 A



“If you are to write about a book which is capable of becoming your best buddy, which one would you choose and why?” - This is a question asked most frequently by our middle schoolers in *The Bookworm*. And, our answer shall be given by Liana of 6B. “If I were to write about a book which is capable of becoming my best buddy, I would choose the book *Wonder* by R.J Palacio.

“Why? To explain that, I have to tell you about my three criteria’s a book should have if it is to be capable of becoming your best buddy.

1. Good

A good book is one that makes the reader feel. It takes the reader on a compelling journey. I believe that a book can be considered good if it is a great story with average writing.

2. Relatable

Relatable Characters emotions and experiences are recognizable, readers are able to identify with these characters and their dilemmas.

3. Empathy and Sympathy

When people read stories about other people’s lives, it helps them develop the ability to understand the world through the lens of another person’s perspective.

“*Wonder* fulfills all of these criteria, it makes us feel, it’s relatebale because it is about how the main character, August , an eleven year old boy who joins middle school and how he copes up in his first year, given that his face his deformed. The book emphasizes kindness, acceptance of differences and the common anxieties associated with fitting into a social group. For these reasons I think *Wonder* is a book capable of becoming your best buddy. Thank you”



CHRISTMAS – A MAGICAL TIME



Anamika Ajay, 6 H

Christmas is here, oh what a delight
Falling snow so pure and white!
Decorations sparkle, filling the air,
Santa Claus is coming, bringing joy everywhere

Baubles and lights hanging on the tree
And our joyful selves run and roam free!
We hang our stockings on winter nights
Hoping that candies are on their way!

Ah! The aroma fills in the air
Of hot milk with cookies ready to sip
We hope that Santa comes to our home
To drink the milk and cookies gripping with his gifts!

On Christmas Eve, we gather around
To sing Christmas carol with bright smiles
The bells hanging with jingling sounds
To announce the arrival of Santa Claus!

On Christmas morning, we wake up with glee
Rushing to the tree, what will we see?
Presents wrapped in paper, shiny and bright
We open them with eagerness, oh what a sight!

As we celebrate this special day,
Let's remember this time that won't fade away.
We gather around and what will we say?
Merry Christmas and a Happy new year!



WINTER VACATION



Tvisha Sandesh Desai, 7 A

During winter, falls a magic spell,
Vacation whispers, majestic tales to tell.
Snowflakes dance in the crisp air,
A break from books, it's the time to snooze.

Scarves wrapped tight, hats pulled low,
Leaving footprints everywhere you go.
With mittens on, we laugh and play.
In winter wonderland we spend our day.

Cocoa warming our shivering hands.
Families gather, festivities stand.
Santa comes in with his elves.
Jingle, Jingle we hear his bells.

As the nutcracker stands tall on the shelf,
It is soon accompanied by Santa's little elves.
Skiing on a hill with speed too high.
To winter we soon say bye.

As fire crackles, and stars twinkle above,
Our winter vacation filled with love.
Winter moves, but its memories say,
"Until next time winter!" we say.



Career- Choosing the Right Career Among a Plethora of Options

By Parinita Reddy, Assistant IT Coordinator

In the vast expanse of our professional journey, the choices before us resemble a boundless sea, each career option a unique island waiting to be explored. Choosing a career among these plethora of options is embarking a journey filled with excitement, challenges and self-discovery. However, for this path to lead to success, one needs to be strategic as well as self-aware of their strengths, weaknesses, and aim.

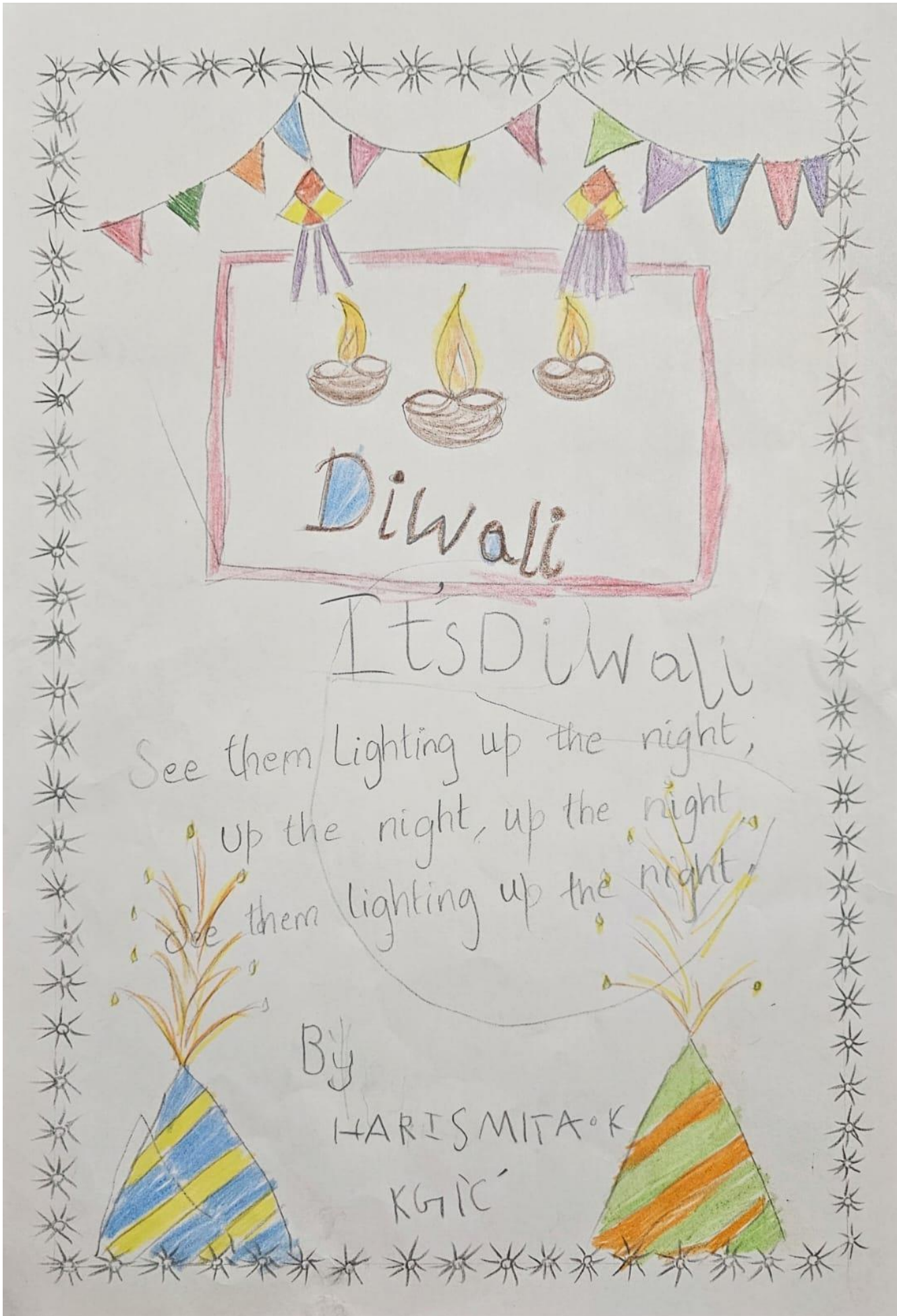
The first step in navigating the sea of career choices, is understanding oneself. Considering where one's passion and interests lie is a necessary aspect to think about. Through this process, and individual can construct a map rooted in their motivation. Pondering about one's skills and strengths is the next step. One may inquire about what tasks come naturally and what one excels at. Purpose and impact is another key factor to consider during career exploration. Discover what impact or change you want to bring about through you career. Keeping that in mind, can help take many important decisions in the future. Dive into your thoughts, and think, 'What is the most important thing for me? Job title, income, the impact I have on others, or satisfaction?'

Segregating the variety of careers on the basis of your priority is essential. By gaining practical knowledge through internships, shadowing and observation programs, one can understand better as to what they consider important. Never make the mistake of not researching about the future job market. It is crucial to gain knowledge about what would be in demand in the future, like right now, technology and AI is in huge demand. One must also investigate about whether there are chances of professional growth in the career they are considering. Setting up realistic goals, accounting for both short-term and long-term objectives, completes the map for the unique island of career that is suits an individual.

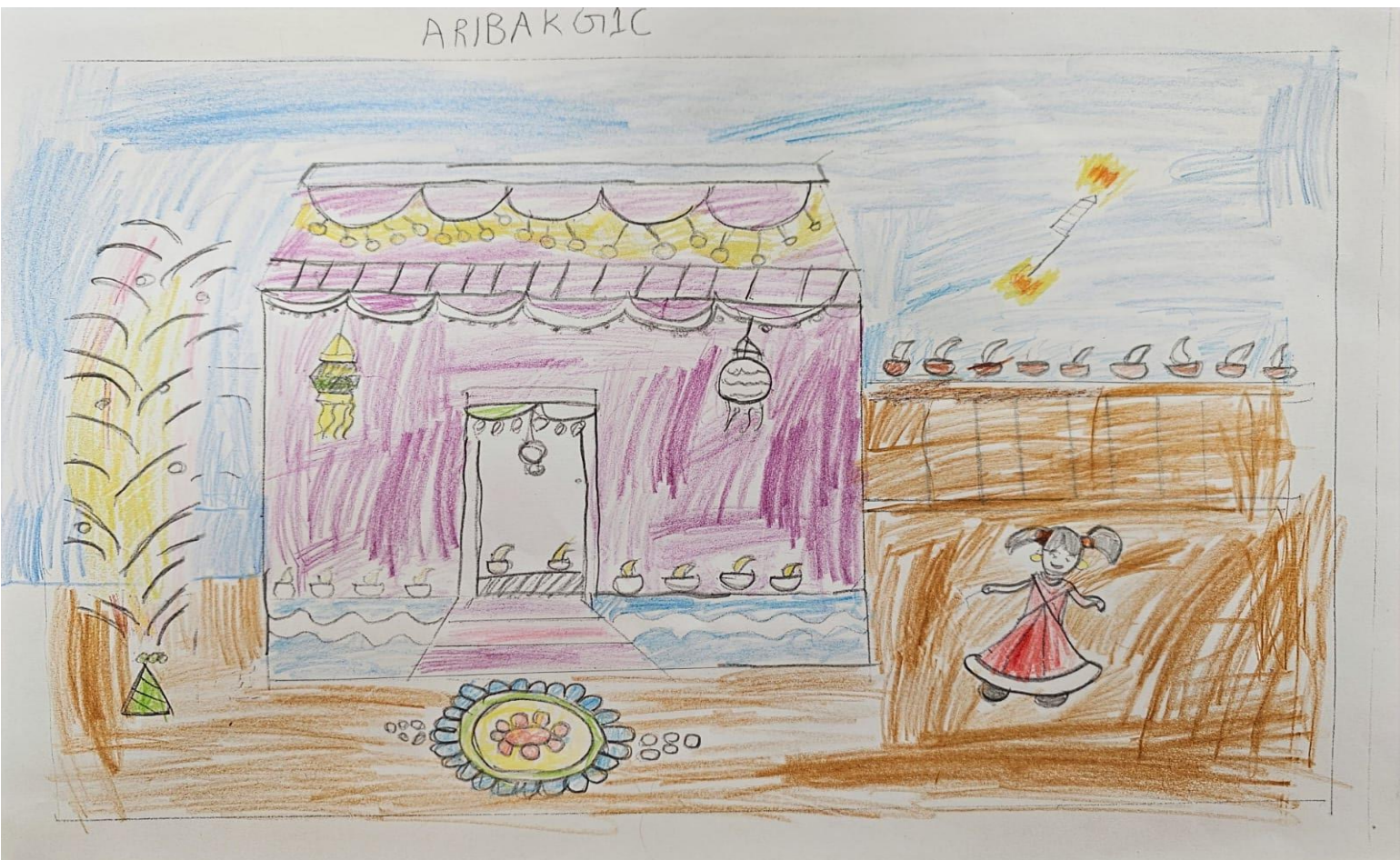
Choosing a career that one would not regret in the future is stressful, but it always boils down to self-understanding and self-belief. Mistakes are in-evitable and are what serve as a guide to a successful future. Never lose hope, and may your journey be filled with passion, purpose, and unwavering determination.



Artwork



Artwork



Ariba- KG IC

Artwork

Salute to Soldiers, For your hardwork and dedication, we thank you.



TAMIL MITHRAN - KG 1 C

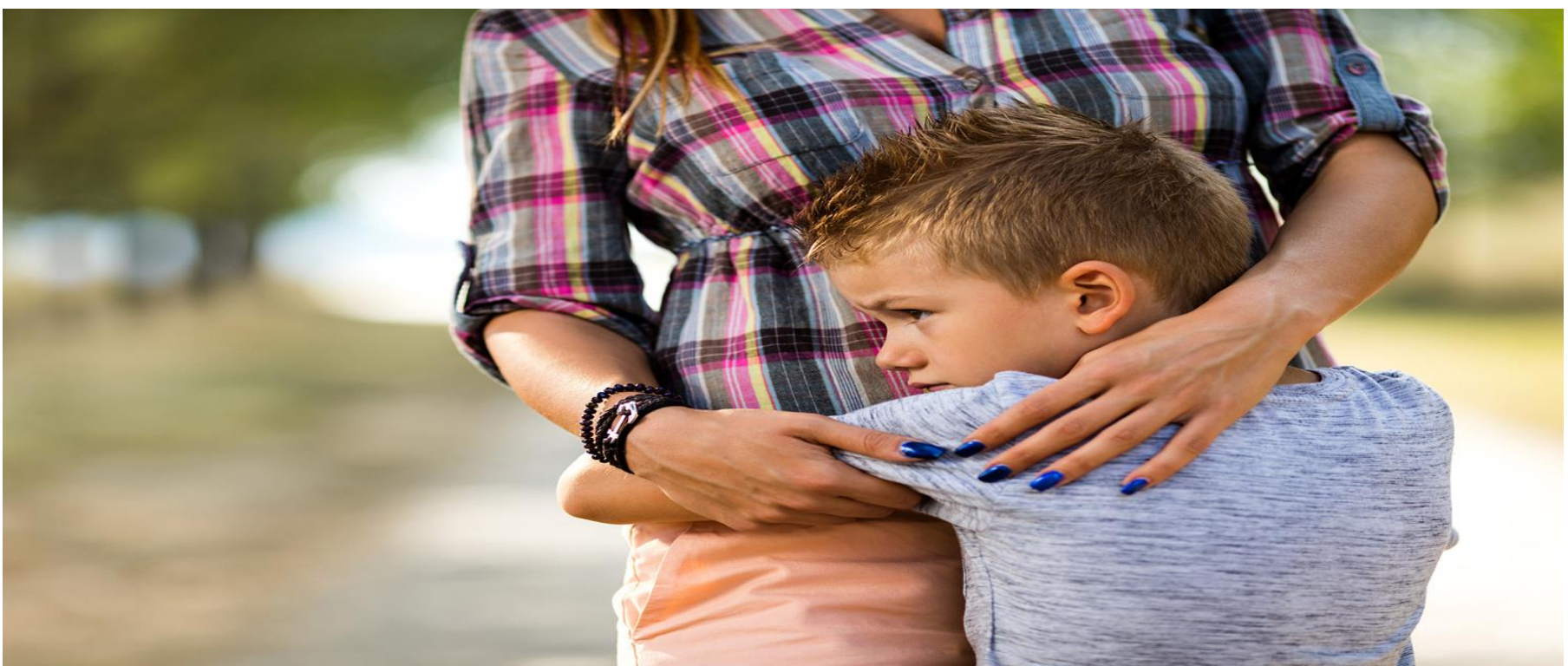
Talking to Kids about Violence, Crime, and Wars

Heba Mirza, Phase 1-Kindergarten



Talking to kids about violence, crime, and wars can be a sensitive and challenging topic. It's important to approach these conversations with empathy and understanding. Here are some tips for discussing these difficult subjects with children:

1. **Age-Appropriate Information:** Tailor the information to the child's age and maturity level. Younger children may need simpler explanations, while older children may be able to handle more complex discussions.
2. **Create a Safe Space:** Ensure that the child feels safe and comfortable to ask questions and express their feelings. Reassure them that it's okay to feel scared or confused.
3. **Use Open-Ended Questions:** Encourage children to share their thoughts and feelings by asking open-ended questions. This can help you understand their perspective and address any misconceptions they may have.
4. **Provide Reassurance:** Reassure children that many people are working to keep them safe, including parents, teachers, and community leaders. Emphasize the helpers and the positive actions being taken to address these issues.
5. **Focus on Resilience:** Discuss ways to cope with difficult emotions and emphasize the importance of kindness, empathy, and helping others.
6. **Monitor Media Exposure:** Limit children's exposure to graphic or distressing news coverage. Provide accurate information and context to help them understand what they may see or hear.



Talking to Kids about Violence, Crime, and Wars

Heba Mirza, Phase 1-Kindergarten

Remember that these conversations may be ongoing, and it's important to check in with children regularly to see how they are processing the information. If you have specific concerns about a child's well-being, it may be helpful to involve school counsellors or mental health professionals.

Here are some additional details to consider for different age groups:

For Young Children (Ages 3-7):

- Keep explanations simple and concrete.
- Use familiar, everyday examples to explain concepts.
- Reassure them that they are safe and loved.
- Emphasize the importance of kindness and helping others.

For Middle Childhood (Ages 8-12):

- Offer more detailed explanations, but still keep it age-appropriate.
- Encourage open dialogue and ask about their thoughts and feelings.
- Discuss the role of community helpers and the importance of safety measures.
- Provide examples of positive actions and resilience in the face of adversity.

It's also important to be mindful of the child's individual experiences and any potential trauma they may have encountered. If a child is showing signs of distress or anxiety, it's important to seek support from school counsellors, mental health professionals, or other appropriate resources. Remember to approach these conversations with empathy and understanding and be prepared to offer ongoing support as needed.



Goal Setting For Students – Ways To Ensure Success

DPSD Staff

As the renowned motivational speaker Zig Ziglar once said, "If you aim at nothing, you will hit it every time", setting goals is crucial for the students as it provides them with a roadmap to success. By employing practical strategies, students can navigate their educational journey with purpose and determination. Goal setting is a fundamental skill that plays a pivotal role in shaping a student's academic and personal success.

Breaking down large goals into smaller manageable tasks is an effective strategy. The enormity of a goal can often be overwhelming but by dividing it into smaller components, students can approach their aspirations incrementally. This not only makes the process more digestible but also provides a sense of accomplishment with each completed task, maintaining motivation throughout the journey.

Time management is a crucial component of successful goal setting. Encouraging students to prioritize tasks based on urgency and importance helps them organize their schedules effectively. Tools such as planners or digital calendars can aid in mapping out a realistic timeline, ensuring that sufficient time is allocated to each goal. At the same time, regular review and reassessment are also vital in the process. Goals should not be static. Students need to track their progress and make necessary adjustments. This reflective practice helps them stay on course and adapt to changing circumstances, fostering a continuous cycle of improvement.

Having support is like having cheerleaders along the way. Students can share their goals with friends, family, or teachers. This helps them stay accountable and motivated. Collaborative goal-setting not only strengthens interpersonal relationships but also cultivates a sense of shared success within a community. Also, celebrating achievements, both big and small, is essential for maintaining motivation. Positive reinforcement reinforces the idea that hard work pays off and encourages students to persevere in their endeavours. Moreover, setbacks should be viewed as opportunities for learning and growth. Analysing failures and adjusting strategies accordingly builds resilience and a tenacious spirit.

Effective goal setting empowers students to approach their academic journey with purpose and determination. By adopting appropriate strategies, students can navigate their educational paths with confidence and set the stage for long-term success.

Why Libraries Are Essential, Now More Than Ever

Chaitali Majumdar, Science Teacher, Middle School



"Reading is important. If you know how to read, then the whole world opens up to you."

By Barack Obama.

The word “reading” brings in an image of a place loaded with books. The fine scent, comfortable tables and chairs, quiet corners takes us to a place called Library. In the 21st century, they provide a different picture. It is a vibrant common space, a learning hub, a place for exploration, creation, and collaboration. Many people think that Libraries are dying, however, the truth is they are reinventing and finding better ways to meet the expectations of our current generation, while still holding on to our previous.

The libraries were very popular in the earlier centuries people needed a 'third place', a place outside of home or work, where they can find all the resources under one roof. Due to limited access to the resources, libraries were the fondest place for students, researchers, educationists etc. With the advancement in technology and especially with access to a sea of resources and information in hand (via mobile phones, search engines), people do not have the need to visit libraries. The world of data and resources are available at their couch by the click of mouse or tap of a finger.



Why Libraries Are Essential, Now More Than Ever

Chaitali Majumdar, Science Teacher, Middle School



But the truth is that the public libraries are more critical today than ever. They have become community centers where people can have free access to computers and the Internet which can help those who don't have the resources at home. The new adjective added to the libraries these days is “Digital library”. They offer wide range of digital resources, such as e-books, databases, and online learning resources, as well as offering new and innovative services such as maker spaces, digital literacy training, and technology lending programs.

In the current days many library expansions had the limitations for added stack space due to rapid urbanization and apathy towards providing vast areas for setting up a physical library, there is also an increasing urgency to develop new learning spaces, incorporating new technologies and collaborative spaces for students that led libraries to take this new avatar.

Even now, libraries are a vital part of the community we live in. In our fast paced lives, the libraries a truly that 'third space' for many. As one patron had once said, 'libraries are the living room of society'. They have an eternal place in our society and will continue to serve our generations to come.



Goal Setting for Student-Ways to Ensure Success

DPSD Staff

Setting goals becomes a vital tool for students to successfully manage their academic journey in the ever-changing world of education. Establishing objectives promotes motivation, attention, and a feeling of accomplishment in addition to giving direction. Pupils who actively create goals are more capable of overcoming obstacles and realizing their full potential.

First of all, students' intentions become clearer when they create clear, attainable targets. Setting and executing specific goals is essential for success, whether the objective is to complete a project, attain a particular grade, or acquire a particular talent. Students' ability to prioritize work, effectively manage their time, and remain on course is made possible by this clarity, which eventually improves academic success.

Goals are also very effective motivators. Students are more likely to feel committed and have a sense of purpose when they set difficult but attainable goals. Organizing more ambitious objectives into smaller, more doable tasks promotes a continuous sense of advancement, hence increasing self-assurance and desire during the educational journey.

Establishing goals fosters resilience as well. Students who have well defined goals are better able to endure in the face of obstacles. Students who see challenges as chances for development rather than overwhelming hurdles grow resilient and adaptable, two traits that are critical for success in both academic and real-world contexts.

To sum up, goal setting is essential to a student's success. It offers a path forward, encourages drive, and strengthens resilience. Teachers enable students to take charge of their education by empowering them to define and pursue goals. This creates the foundation for both academic success and personal growth.



How To Talk To Kids About Violence, Crime And War

Injela Zaini, PGT English

As the TV host Fred Rogers once wisely said, "When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'" This sentiment encapsulates a crucial approach when talking to kids about violence, crime, and war—focusing on reassurance, understanding, and fostering a sense of security.

Initiating conversations on such sensitive topics requires a delicate balance between honesty and age-appropriate information. Let's begin by creating a safe space where children feel comfortable sharing their thoughts and concerns and acknowledging the gravity of the subject while emphasizing the positive actions taken by adults to ensure safety.

In discussing violence and crime, we ought to tailor our language to the child's developmental stage, providing straightforward answers without delving into graphic details. We should also highlight safety measures and the protective role of caregivers and authorities. When broaching the subject of war, we better approach it with an emphasis on promoting empathy and global understanding. Share stories of resilience and humanity to instill hope. By embracing an open and supportive dialogue, teachers and parents can empower the children with knowledge and resilience in the face of such complex and challenging realities.



Goal Setting For Students – Ways To Ensure Success

DPSD Staff

In the realm of education, where knowledge blooms and aspirations take flight, goal setting emerges as a vital tool for students to navigate the vast landscape of learning. Setting goals is like charting a course through uncharted seas, allowing students to navigate the tumultuous waves of academia with purpose and direction. It is akin to a compass, guiding them towards their desired destination, amidst tough currents of assignments, exams, and extracurricular activities. Without the goal setting, students' risk being adrift in a sea of aimlessness.

Following is the pathway one should follow while setting and pursuing their goals.

1. **Reflect and Identify:** Identify what you truly want to achieve and why it is important to you?
2. **Set Specific Goals:** Make your goals specific and measurable. (One should be able to quantify)
3. **Break it Down:** Break your goals into smaller, manageable steps or milestones. This helps to track the progress towards your goal.
4. **Make it Realistic:** Ensure your goals are realistic and attainable. Consider your resources, time constraints, and capabilities when setting your goals.
5. **Set Deadlines:** Assign deadlines to each step or milestone to create a sense of urgency and keep yourself accountable. (Be tough with you)
6. **Stay Focused:** Prioritize your tasks and allocate time and effort accordingly.
7. **Seek Support:** Share your goals with supportive friends, family members, or mentors who can provide guidance, encouragement, and accountability.
8. **Track Progress and Evaluate:** Regularly assess your progress towards your goals. Celebrate achievements and make adjustments as necessary to stay on track.
9. **Stay Motivated:** Find ways to stay motivated and inspired throughout your journey. (Focus on goals and the path to their progress than on obstacles. Believe that every problem comes with a solution))
10. **Adapt and Evolve:** Be open to adjustments and changes along the way.

Furthermore, goal setting is not a one-time endeavour but an ongoing process of self-reflection and growth.

As the ancient Greek philosopher Heraclitus once said, "Change is the only constant in life."

Restoring Balance in Teens

Uthra Jagadeesh, Parent of Vidyuth Balaji – KG1-F
and Dyuti Balaji – II-H

In the present competitive environment, it is necessary to continue upskilling to foster a better tomorrow. This makes certain that the younger generation is constantly competing. The challenge of trying to keep up with the times is overwhelming for today's teens. It's crucial to remember to enjoy the joys of being in the now despite all the stress. For children, parents are the greatest and first source of support. Encouraging their children to discover and appreciate their interests is an essential means for parents to show their concern for their overall well-being.

Teaching children that life is a package of successes and failures and that the family is always a source of strength is essential. Every parent should prioritize raising an emotionally stable child to raise better future generations. Two-way correspondence Talking and listening can balance a portion of the worry from pressure.



Making Chores a Family Adventure for Little Helpers

Jigyasa , Parent of Anvi Pathak-KG 1 - F

As a parent juggling work responsibility, quality time with the kids, and the ever-present household chores, I've often found myself amid the never-ending battle to make cleaning up exciting for our little ones. Instead of viewing chores as dull tasks, I've discovered a magical way to turn them into thrilling adventures.

Let me share some personal and fun strategies that not only make housework enjoyable for the kids but also allow me to merge the tasks seamlessly, creating precious moments with my little helpers.

1- Storytelling Sweep:

Make sweeping storytelling time. Encourage your child to create a story about the dirt and dust bunnies they're "capturing" with their broom. The more creative the story, the more they'll enjoy their cleaning mission.

2 - Chores with a Twist:

Add a twist to chores by incorporating educational elements. Count the number of toys being put away, sort laundry by colours, or identify shapes as you clean. This way, your child can learn while they tidy up.



Making Chores a Family Adventure for Little Helpers

Jigyasa , Parent of Anvi Pathak-KG 1 - F

3 - Teamwork Makes the Dream Work:

Make chores a family affair. Assign different tasks to family members and work together to complete them. Kids enjoy being a part of the team and helping out. It not only lightens the load but also strengthens family bonds.

4 - Chore Chart with Rewards:

Create a chore chart with colourful stickers and rewards for a job well done. Let your child pick their reward, and the anticipation of earning it will make chores more appealing.

5 - Dress-Up Cleaning:

Let your child don their favorite costume while cleaning. Whether they want to be a superhero, a princess, or even an astronaut, dressing up can turn an ordinary cleaning session into an extraordinary adventure.



Restoring Balance in Teens

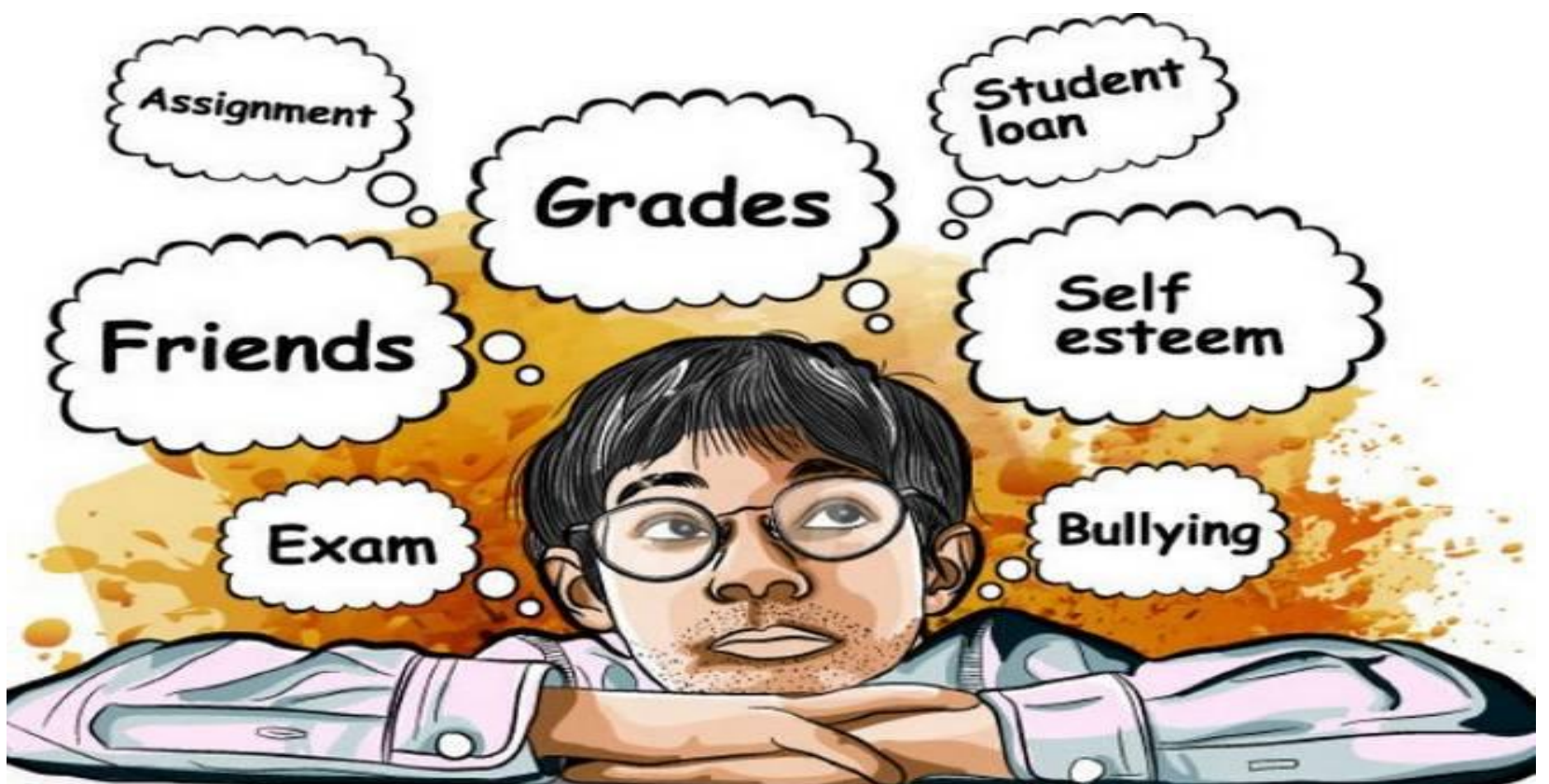
Lubna Shaikh, Mother of Aaliya Shaikh, 8 A



As a parent of a teenage girl and a boy who is on the cusp of his teenage years, one question crosses my mind more often than I would like: Am I burdening my children with too many expectations and pressurizing them to achieve? Today I write this article after giving this question great thought.

I am sure most parents will agree that while we were growing up, we worked hard, we studied, we also played and enjoyed every bit of our teenage years with much lesser pressure than our children today are facing. I am not anti-ambition or anti hard work, but I strongly believe that we as parents play the most important role in striking the balance between achieving and drowning our kids in the storm of achievements. We need to constantly assure our children that their individuality is sacred and that in the long run it is their discipline, compassion and values that will make or break them.

Yes, it is very important for teens to work hard for academics as well as other interests, as it brings a sense of responsibility and direction into their lives. But as parents, we need to teach them when to push themselves and when to simply let go. Our children must never think that we value them only for what they can achieve but instead they should firmly believe that their parents are their guiding light and will be right behind them to show the way. Let our teenagers know that they are valued no matter what.



Ways To Make Household Chores Fun For Children

Rukhiya Peer Mohamad, Mother of Raahil Sajaad Sheikh, 8 A



I don't think any children like doing mundane household chores. During school going days they don't get time for house hold chores, but during the holidays we can engage them in it. One of the main tasks is how to get the children attracted to do household chores. We should make the chores fun and stress free. Few tips that can be tried:

1. Turn some music on – It could be your child's favorite music. Create a relaxed atmosphere, a little bit of dance and laugh as chores are done. When the environment is light hearted getting tasks done can be quick and easy.
2. Make a game out of it – Mundane chores can be more motivating and exciting, if we add some fun elements to it. For example: Create the treasure hunt where they have to find certain items hidden around the house to put them in the correct place.
3. Family activity – Get our kids involved can make the work faster but it also provides a great bonding time with our children. For example: When we need the fridge cleaned, ensure that everyone has an equal amount of fun and work to do.
4. Reward them – One of the ways to make it more fun is to reward them. It could be digital time, choosing the outing, choosing the dinner menu or being allowed to stay up late.
5. Surprise them – To make it more exciting hide some treats and surprise for your children to discover at the place where they are assigned to do the chore.

Overall, encouraging kids to help in household chores can be a great way for them to improve skills such as communicating, negotiation and responsibility. Turning the chores into joyful experiences can also help in bringing members of a family closer together.



Teens Are Often Overwhelmed By Pressure To Achieve. How Can Parents Restore Balance?

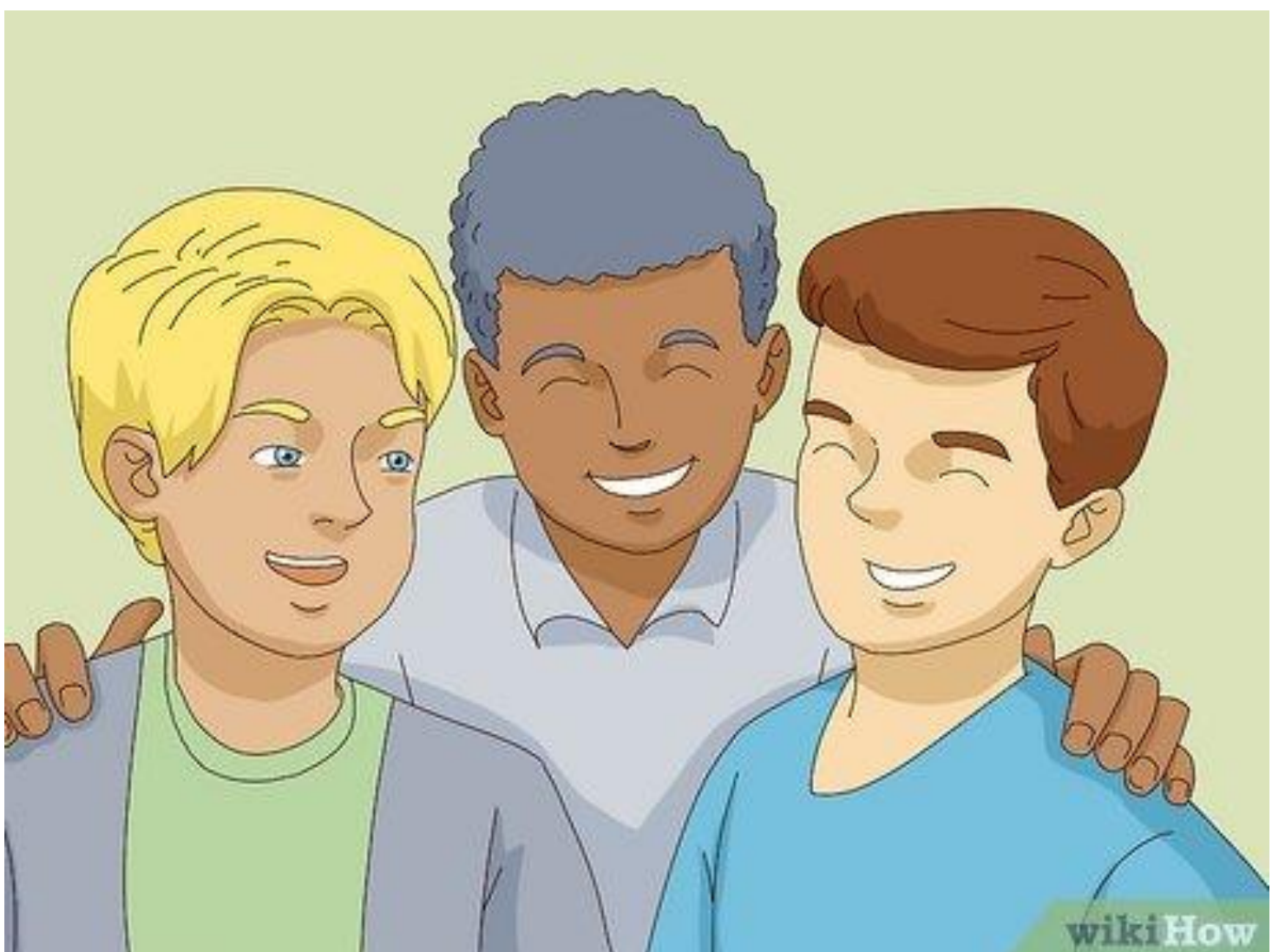
Kinjal Patel, Parent of Pari Patel, IX-D



Navigating the teenage years can feel like riding a rollercoaster, with pressures from every angle. As parents, our job is to be the calm in the chaos. Start by talking openly with your teens—create a space where they can share their worries without fear of judgment. Remind them that it's okay not to have it all figured out and that mistakes are part of the journey.

Help them set realistic goals, balancing ambition with self-kindness. Encourage breaks and self-care, showing them that success isn't just about grades. Share your own experiences and let them see that life is more than a report card.

Set limits on screen time and make time for family activities that don't involve achievements. Introduce them to hobbies beyond school, letting them explore what brings them joy. Above all, reassure them that your love doesn't hinge on their successes. By keeping things simple, we can guide our teens through the craziness and teach them to find balance in the ups and downs of growing up. As teens navigate the storm of adolescence, our support becomes the stabilizing force that helps foster resilience and a balanced approach to life.



Involving Children in Household Chores



Sana Abbasi – Mother Of Aryan Ali Abbasi Grade –I G

- "Many hands make light work" means if everyone does a little bit, the work will be less hard. My family is aware of how difficult it is to do all the housework alone, so we always are well cooperated in doing household chores.

Introduction to Household Chores

- Household chores are tasks we do to keep our homes clean and organized. These tasks include cleaning, cooking, washing clothes, and many more. Everyone in the family, including children, can help with these tasks. Doing chores is important because it teaches responsibility and helps keep our homes nice and tidy.

Types of Household Chores

- Some chores, like dusting and sweeping, are done to keep the house clean. Others, like cooking and washing dishes, are done to prepare meals. We also do chores like laundry and taking out the trash.

Benefits of Doing Chores

- It teaches our children how to take care of their things. It also helps them learn to work as a team when we do chores with others. Plus, doing chores can make us feel good because we are helping our family.
- Household chores are important tasks that help keep our homes clean and organized. Doing these chores can teach us many valuable skills, like responsibility and teamwork.

